

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: fluid and electrolytes

Comment ID: 000484

Submission Date: 04/30/2009

Organization Type: Educational Institution

Organization Name: Victor Central School

First Name: Maureen

Last Name: Bolger

Job Title: Teacher - Family & Consumer Sciences

Key Topic: Eating Patterns, Fluid and Electrolytes

Sub Topic: Water

Attachment: N

Comment: I am hoping that in the next revision of the food pyramid there will be a more prominent recommendation of the need to consume water on a daily basis. Since many people mistake thirst for hunger, it would be great to see a recommendation for water somehow incorporated into the daily plan.

Thank you so much for an interactive and informative site; it is helpful when teaching nutrition to teens!

Comment ID: 000640

Submission Date: 09/22/2009

Organization Type: Educational Institution

Organization Name: University of North Carolina at Asheville

First Name: Anna

Last Name: Floyd

Job Title: Student

Key Topic: Fluid and Electrolytes

Sub Topic: Water

Attachment: N

Comment: I am a fourth year student at the University of North Carolina at Asheville where I study International Studies. This semester I am taking a course concerning food politics and nutritional policies in the United States, through which I have discovered the Dietary Guidelines on the USDA website. I understand that you, the Committee Members, have a lot of professional perspectives to consider so I am thankful that you have given a forum for average Americans, like myself, to provide feedback and concerns.

I think it would be beneficial for The Guidelines to have more emphasis on the important health benefits of water. While water is arguably not a nutrient itself, its consumption has many noteworthy benefits to our health. Firstly, water is simply a healthy alternative to drinking coffee, sugary soft drinks, juice, and even "power drinks," while these are temporarily thirst quenching, they are ultimately dehydrating. Water also works as a natural appetite suppressor, which would curb the cravings for snacks between meals. It is also crucial for the body's ability to process and absorb nutrients from food. In order to process solid foods and rid our body of waste through the liver, kidney and colon, we need up to 12 cups of water (Canadian Journal of Health and Nutrition). Without proper emphasis of the importance of water, many people ignorantly live in a state of chronic

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dehydration, which can lead to headaches, lightheadedness, difficulty concentrating, and fatigue (MayoClinic.com). The Dietary Guidelines should emphasize the importance of water in the body's digestion as well as for the overall condition of the body - with a healthy, hydrated body a person will be more active physically and mentally and thus make healthier decisions.

"Alive: Files: Fitness" Alive: Canadian Journal of Health and Nutrition. 266 (Dec2004): 14. Consumer Health Complete. Ebscohost. 22 September 2009. <<http://0-web.ebscohost.com.wncln.wncln.org/chc/pdf?vid=6&hid=105&sid=b6916e16-133e-42b3-84f5-b59fccb8ef0f%40replicon103>>.

Mayo Clinic Staff. "Dehydration: Symptoms" MayoClinic. 22 September 2009. <<http://www.mayoclinic.com/health/dehydration/DS00561/DSECTION=symptoms>>.

Comment ID: 000560

Submission Date: 07/27/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Angela

Last Name: M

Job Title: student

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Fluid and Electrolytes

Sub Topic:

Attachment: N

Comment: Drink more water. Eat more raw vegetables. Get your heart rate up more. Sleep more. Read more. Try new things. Try hemp eating hemp hearts. Try to trust yourself. Try to not fear dying. // Done with coffee, done with sugar, done with alcohol, done with tv, done with smoking, done with drugs. This is health.

Comment ID: 000670

Submission Date: 10/12/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Puneet Kaur

Last Name: Chadha

Job Title:

Key Topic: Energy Balance/Physical Activity, Fluid and Electrolytes

Sub Topic: Sodium, Weight maintenance

Attachment: N

Comment: More and more people are trying to ape the stars to loose weight. Size zero is the preferred shapedesired not only by youngsters, but by middle aged females also. Educating these people is a major concern, apart from obseity we will have to face another problem of nutrient deficient individuals but the it will be disease of the urban.

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Misconceptions regarding the use of different types of salts available in the market, should be properly addressed. I agree with the statement " Rose is a Rose" , sameway Salt is a Salt. Another consumption of extra salt in tropical regions should also be addressed.

Comment ID: 000552

Submission Date: 07/14/2009

Organization Type: Individual/Professional

Organization Name: Victor Central Schools

First Name: Maureen

Last Name: Bolger

Job Title: Family & Consumer Sciences Teacher

Key Topic: Fluid and Electrolytes

Sub Topic: Water

Attachment: N

Comment: Please make incorporate the need for consuming water in your pyramid and/or dietary recommendations. This is especially necessary today as so many Americans are consuming a great number of calories from other beverages - soda, energy and sports drinks, & specialty coffees. This would be helpful to those of us who are trying to get the message out to teens as we teach nutrition and diet choices. Thank you.

Comment ID: 000553

Submission Date: 07/16/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Pamela

Last Name: Tesson

Job Title: teacher

Key Topic: Fluid and Electrolytes

Sub Topic: Water

Attachment: N

Comment: One dietary guideline on the consumption of water. It is an essential nutrient that has not been mentioned in the food guide pyramid or dietary guidelines. Childhood and adult obesity are linked to the over consumption of sugar based beverages, so it should be stressed that water is essential.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: fluid and electrolytes

Comment ID: 000743

Submission Date: 10/28/2009

Organization Type: Industry Association

Organization Name: Salt Institute

First Name: Richard

Last Name: Hanneman

Job Title: President

Key Topic: Eating Patterns, Evidence-based Review Process, Fluid and Electrolytes

Sub Topic: Sodium

Attachment: Y

Comment: The Dietary Guidelines Advisory Committee (DGAC) will be conducting its fourth meeting on November 4-5. We would like to supplement our earlier comments by re-emphasizing our earlier endorsement of a need to focus on overall dietary quality and calling to your attention recent research on dietary salt intake that questions the fundamental strategy of the Guideline on salt, namely that inducing persons to substitute low-sodium foods into their diet will achieve the policy objective of reducing overall dietary sodium intake.

We reiterate our view that evidence of the health outcomes of diets reduced in sodium show no benefit in terms of reduced mortality and remind you that the single controlled trial of this hypothesis found that subjects in the salt-reduced group of the cohort had a considerably greater incidence of mortality and more frequent re-hospitalization. These are crucial points, but suffice a short reminder at this point in your deliberations.

Our comments are appended

Comment ID: 000744

Submission Date: 10/28/2009

Organization Type: Industry Association

Organization Name: Salt Institute

First Name: Richard

Last Name: Hanneman

Job Title: President

Key Topic: Eating Patterns, Evidence-based Review Process, Fluid and Electrolytes

Sub Topic: Sodium

Attachment: Y

Comment: Our comments were submitted in PDF; this was to be the enclosure to the comments themselves.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: fluid and electrolytes

Comment ID: 000566

Submission Date: 07/30/2009

Organization Type: Industry Association

Organization Name: Salt Institute

First Name: Morton

Last Name: Satin

Job Title: Director, Technical and Regulatory Affairs

Key Topic: Evidence-based Review Process, Fluid and Electrolytes

Sub Topic: Sodium

Attachment: Y

Comment: This submission is a typographic correction to the submission made earlier today.

Comment ID: 000494

Submission Date: 05/08/2009

Organization Type: Industry Association

Organization Name: Salt Institute

First Name: Richard

Last Name: Hanneman

Job Title: President

Key Topic: Evidence-based Review Process, Fluid and Electrolytes, Minerals

Sub Topic: Potassium, Potassium, Sodium, Sodium

Attachment: Y

Comment: See attachment

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: fluid and electrolytes

Comment ID: 000741

Submission Date: 10/28/2009

Organization Type: Nonprofit/Voluntary

Organization Name: National Dairy Council

First Name: Gregory

Last Name: Miller

Job Title: Executive Vice President, Research, Regulatory and Scientific Affairs

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

Sub Topic: B Vitamins, Calcium, DASH, Magnesium, Milk, MyPyramid, Potassium, Saturated fatty acids, Vitamin A and Carotenoids, Vitamin D, Weight maintenance

Attachment: Y

Comment: The National Dairy Council appreciates the opportunity to comment on these important issues in support of improving the health and well-being of all Americans. Please consider the attached science-based comments.

Comment ID: 000559

Submission Date: 07/27/2009

Organization Type: Nonprofit/Voluntary

Organization Name: National Dairy Council

First Name: Gregory

Last Name: Miller

Job Title: Executive Vice President, Research, Regulatory and Scientific Affairs

Key Topic: Eating Patterns, Fluid and Electrolytes

Sub Topic: Sodium

Attachment: Y

Comment: The attachment is respectfully submitted by the National Dairy Council as comments to the 2010 Dietary Guidelines Advisory Committee related to food based approaches to reducing sodium intake in the U.S. diet.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: fluid and electrolytes

Comment ID: 000585

Submission Date: 08/18/2009

Organization Type: Nonprofit/Voluntary

Organization Name: ILSI North America

First Name: Eric

Last Name: Hentges

Job Title: Executive Director

Key Topic: Fluid and Electrolytes

Sub Topic: Water

Attachment: Y

Comment: These comments regarding hydration are submitted on behalf of ILSI North America

Comment ID: 000586

Submission Date: 08/18/2009

Organization Type: Nonprofit/Voluntary

Organization Name: ILSI North America

First Name: Eric

Last Name: Hentges

Job Title: Executive Director

Key Topic: Fluid and Electrolytes

Sub Topic: Sodium

Attachment: Y

Comment: These comments regarding sodium are submitted on behalf of ILSI North America.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: fluid and electrolytes

Comment ID: 000695

Submission Date: 10/26/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Center for Science in the Public Interest

First Name: Michael

Last Name: Jacobson

Job Title: Executive Director

Key Topic: Fluid and Electrolytes

Sub Topic: Sodium

Attachment: Y

Comment: Center for Science in the Public Interest
Additional Comments on Sodium
October 19, 2009

Enhanced meat and poultry products

In addition to high levels of sodium in processed and restaurant foods, CSPI is concerned with the sodium levels in "enhanced" meat and poultry products. Some meat and poultry producers add as much as fifteen percent salt water to their products.

These "enhanced" products are much less healthy because of their high sodium content. For example, ordinary non-enhanced meat and poultry pieces contain approximately 45 mg of sodium per 4 oz. serving, while "enhanced" meat and poultry may contain as much as 390 mg of sodium—800% more for the same serving.

Consumers often consider "single ingredient" meat and poultry to be "low sodium" and do not expect these foods to be injected with a salt-water solution. In addition, consumers are most likely unaware that they are paying chicken and meat prices for salt water.

If salt water and other ingredients are going to be added, the sodium amount per serving should be declared prominently on labels.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: fluid and electrolytes

Comment ID: 000657

Submission Date: 09/28/2009

Organization Type: Other

Organization Name: ConAgra Foods

First Name: Mark

Last Name: Andon

Job Title: Vice President, Nutrition and Food Labeling

Key Topic: Energy Balance/Physical Activity, Fluid and Electrolytes, Other

Sub Topic: Sodium, Weight loss

Attachment: Y

Comment: Caloric intake reductions, and to a lesser extent sodium reductions, would result in significant health, medical cost and productivity benefits for Americans. Recently published research supported by ConAgra Foods demonstrated the significant health benefits and cost savings of relatively small improvements in Americans' diets. The results show weight loss achieved by eating 100 calories less per day for each overweight and obese adult would lead to more than \$100 billion annually in savings based on today's costs. By comparison, the economic gain from medical cost savings and productivity gains from reducing dietary sodium intake by 400 milligrams would be about \$5 billion. Dedicating resources toward caloric reduction offers the greater potential health and economic benefits for Americans.